



### Age Group Squad Week 9

Well done with all the running last week – I've seen some what some of you have been up to on Strava so well done!

We will ease off a little on the running but I'm now asking that you guys add running in as a supplemental part of your training. While I won't prescribe you runs as a part of the daily workload its time for you guys to take some responsibility and add in 3 or 3 runs a week aiming to be working for between 25-30 minutes minimum.





## Week 9 Warm Up

Please complete this before every session even before runs

20 mins

Skipping

Take 30 seconds rest when you need it

Have some fun with this guys – have a watch of this video

<https://www.youtube.com/watch?v=PUCQ2pvnyW4>

If you can manage any of these tricks I'd love to see some videos of you doing them – send them to

[elst.coachingteam@gmail.com](mailto:elst.coachingteam@gmail.com)

Make sure you are completing some level of mobility including thoracic movements and shoulder strengthening. Spend about 5 minutes daily on this.

Also REMEMBER the ankle and hip mobility exercises

There's no daily challenges this week but instead I'm integrating in press ups into all the workouts – do kneeling if needed





Saturday Workout 16/05

Warm Up

Tapout XT Cardio XT Video

<https://www.youtube.com/watch?v=cK8VaQcmlqI>

Sunday Workout 16/05

Look out for the Sunday Challenge – this could be a day for a run too?





Monday Workout 17/05

Yoga with Jamie

This could be a good day to add in a run?

Tuesday Workout 18/05

Warm Up

Workout 1

3x 30s on 30s off

Dynamic Lunges

Down Ups

Squat Thrusts

Workout 2

30 mountain climbers / 20 Crunches

29 Mountain Climbers/19 Crunches

28 Mountain Climber/18 Crunches

Continue until 0 reps of crunches left

Make sure to stretch properly after this workout

Wednesday Workout 19/05

Zoom Call with Jamie





## Thursday Workout 20/05

### Warm Up

This one is a **FOR TIME** workout – I'd like to know what time you guys manage to do this workout in.

Use the route planner site again in order to plot out the correct distance to travel: the workout will start and finish with a run – in between it is a case of choose your own adventure break the exercises up however you wish – into different reps/rounds/rests -it would make sense to plan them in advance and break the exercises up– your choice just get them done.

Starter 1km run

60 Squats

60 Dynamic Lunges (Each Leg)

20 Press ups

120 Seconds Plank

40 seconds L side plank

40 seconds R side plank

100 Down Ups

30 Leg Raises

Finisher 1km run

### Friday

REST DAY!

